

# Move It 2 Lose It

## Week 3 Tips:

- **Eat two snacks per day** after your breaks and reduce the size of your lunch.
- **Ideas for snacks:** a piece of fruit, yogurt, a hard boiled egg, a cheese stick, nuts, 100 calorie pack, veggies, a granola bar, low-fat trail mix, or an apple with natural peanut butter.
- Switch from whole milk to either reduced fat milk or light soymilk.
- Pick cheeses that are reduced fat, made with 2% milk, or made with skim milk. **A great option is low-fat, part skim mozzarella cheese.**
- **Choose tea or black coffee** instead of a blended drink to cut down on calories, sugar, and fat.

## Helpful Websites:

### Converting Workouts to Steps Taken:

[www.takesteps.univerahealthcare.com/stepChartPop.jsp](http://www.takesteps.univerahealthcare.com/stepChartPop.jsp)

### How Many Calories Did I Burn?:

[www.healthstatus.com/calculate/cbc](http://www.healthstatus.com/calculate/cbc)

### It's Snowing Out, Shoveling Counts!

Find out how many calories are burned while shoveling:

[www.fitday.com/webfit/burned/calories\\_burned\\_Shoveling\\_snow\\_by\\_hand.html](http://www.fitday.com/webfit/burned/calories_burned_Shoveling_snow_by_hand.html)

## Staying Active with Your Family:

- **Reward** your child's good behavior with physical activities – go ice skating, walking, bowling, skiing, snowboarding, snow shoeing.
- Locate **low cost or FREE activities** near your home, like- parks with playgrounds, hiking/biking trails, tennis courts, outdoor ice rinks, & Folf courses.

### Workout Challenge: Mountain Climbers

- Get into a push up position with your butt higher in the air
- Bring right foot towards right hand, return to starting position.
- Repeat with left foot.

*Go hard and fast for 20 – 30 seconds,  
4 times, rest between each set.*

**Beginners: Legs don't have to go all  
the way to your hand. Do what you  
can!**

## Gluten Free Chocolate Hazelnut Banana Muffins:

5 Tablespoons Nutella  
3 Tablespoons plus 1 teaspoon canola oil, divided  
3 Tablespoons natural applesauce  
1/4 cup packed brown sugar  
1/4 cup honey or agave nectar  
2 medium ripe bananas, sliced  
2 large eggs  
1 1/2 cups almond meal (grind almonds up in a food processor)  
1 teaspoon guar gum  
1/4 teaspoon baking soda  
1/2 teaspoon baking powder  
1/2 teaspoon salt

- 1.) Preheat oven to 350 degrees.
- 2.) Combine Nutella and 1 teaspoon canola oil in a microwave safe dish; microwave on high for 30 seconds, or until melted. Stir.
- 3.) Add 3 tablespoons canola oil, applesauce, brown sugar, honey or nectar, and banana in large bowl with Nutella mixture; beat with a mixer at medium – high speed until well blended. Add eggs, 1 at a time, beating well after each addition.
- 4.) Combine almond meal, guar gum, baking soda, baking powder, and salt. Beating at a low speed, add almond meal mixture to banana mixture.
- 5.) Scoop into lined muffin tin, filling a little over halfway full (an ice cream scooper makes this easy to do).
- 6.) Bake at 350 degrees for 15 minutes (until toothpick comes out clean).
- 7.) Cool in muffin tin, remove, and store in an airtight container for up to a week (or an airtight container in the freezer for up to three months).

## Oven Dried Tomatoes:

Grape tomatoes: cut in half  
Plum tomatoes: cut in half

Cherry tomatoes: cut in half  
Large tomatoes: 1/4 inch thick slices

- 1.) Preheat oven to 250 degrees, line a baking sheet with parchment paper.
- 2.) Place tomatoes, cut side up, about 1/2 an inch apart on the baking sheet. Sprinkle any herbs desired, and a touch of salt and pepper.
- 3.) Cook until the juices stop running and the tomatoes have shrunk.

**Small tomatoes usually take an hour; large usually take 4 hours.**